

ADULT CLASSES (15 yrs+)  
FALL 2020 SESSION (as of 9/28/20. Faculty and schedule subject to change.)



BALLET (Open Level) - ONLINE

Come join us and dance in a welcoming environment to inspiring live piano accompaniment! *Students should have experience in ballet and the ability to modify movements as needed to suit their level of experience.*

Katie Eliason (Mon); Christen Heilman (Wed); Augusto Cezar (Fri)

Mon/Wed/Fri, 10-11:30 am, Online via Zoom (will move to Centennial Performing Arts Studios when we can re-open)

UPDATED-Ongoing through Sep 30

Drop-in: \$10 / \$4 seniors (62 yrs+)

Weekly: \$15

Monthly: \$50

DANCE IMPROVISATION (Open Level) - OUTSIDE

Dive into the "deep end of the pool" in the grassy area at the Centennial Art Center for a morning of outdoor movement exploration and creative process led by New Dialect dancer, Emma Morrison. No extensive technical experience necessary but bring a sense of adventure.

Emma Morrison

Fridays, 3:30-5 pm, Centennial Art Center Courtyard-UPDATED TIME!

Drop-in: \$8

Full Session (Sep 4-Nov 6 / 10 weeks): \$50

PILATES (Beginning) - ONLINE

The exercises created by Joseph H. Pilates use muscle control, breathing techniques, imagery and postural alignment to strengthen the entire body. There is an emphasis on range of motion, as well as intensive work on abdominal muscles. This beginning Pilates class provides an encouraging, informative environment for beginning students to work on the foundational exercises of the technique. For the dancer and non-dancer alike, these classes are an important part of overall health and wellness. Pilates emphasizes a mindful approach to movement, focusing on increased flexibility, strength, and use of breath. This class proves to be a great addition to any fitness program or as a supplement to a dance practice.

Kari Gregg

Mondays, 4-5 pm, Online via Zoom (will move to Centennial Performing Arts Studios when we can re-open)

Drop-in: \$8

Full Session (Aug 17-Nov 16 / 13 weeks): \$65

TAI CHI - ONLINE

Tai Chi moves slowly and gently with a calm mind, sometimes called meditation in motion. It applies the theory of yin and yang and strives the balance the body and mind. Learn basic breathing, stances, walking and beginning level Tai Chi low-impact exercise.

Jen-Jen Lin

Tuesdays, 5-6 pm (Open Level)

Wednesdays, 10-11 am (Open Level)

Thursdays, 12-1 pm (Beginning Level)

Drop-in: \$4

Full Session (Week of Aug 31-Week of Nov 2 / 9 weeks): \$30

REGISTER HERE

QUESTIONS? Call 615.862.8439 • E-mail Kathryn.Wilkening@nashville.gov

FEES: Fees are due before class. We are currently only accepting online payments for classes.  
There is a 2.3% transaction fee added to all credit/debit transactions.

LOCATIONS:

CAC = Centennial Art Center • 301 25th Ave North  
CPAS = Centennial Performing Arts Studios • 211 27th Ave North  
Sevier = Sevier Park Community Center • 3021 Lealand Lane

Dance.Nashville.gov • FriendsofMetroDance.org •   @MetroDanceNashville